

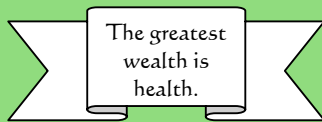
What's On For September 2008

Baby Boom Show

Sat. Sept. 6, 10am-5pm

Sun. Sept. 7, 10am-4:30pm

Visit LiveWell Family Health Centre at the Nepean Sportsplex. LiveWell will be demonstrating spinal screenings, massage therapy as well as offering nutritional and naturopathic advice for families. Find out the latest and greatest products, services, and resource information for all new and expectant parents.



Raising Health and Vibrant Children

Thursday Sept. 11th, 2008
Loblaws College Market –
Upper Level

Join Drs. Sabrina & Jason as they share natural methods for raising healthy vibrant infants & children. Learn how caring for the expectant mother's spine and nervous system play a vital role in the future health of the newborn. Discover optimal food choices both for Mom and baby which will enhance overall health and well-being. As parents of two – almost three – beautiful, healthy children, these Doctors have many years of experience in guiding families make healthy choices for living well.



Preparing For Back To School

By Drs. Jason & Sabrina Bercovitch

With summer coming to a close, the school year is just beginning again, and for most of us, this means returning to our routines. As parents and kids gear up for going back to school, there are some very important things to consider to making sure children start the school year with their best foot forward.

Now more than ever, kids of all ages are carrying backpacks. At a much younger age than previous generations, children are taking bags to and from school, and loading them up. A backpack should be properly proportioned to your child's frame and stature. It is extremely important to look for certain criteria when shopping for a backpack, and more importantly, it is essential to take care of the growing and developing spine that will bear the weight of the backpack.

Your child should always come along to try on the backpack, and bring along a few books to test it out. Adjust shoulder straps so that the top of the pack does not extend past your child's shoulder, and the bottom does not go below the top of the hip bones. Added features such as a strap across the sternum, and/or a lumbar belt/pad can lend to the comfort of carrying the pack, as well as increasing the stability on the body. Extra lumbar support eases stress on shoulders and back by letting the legs bear more of the load. Look for wide, padded straps, measuring at least 5 cm across. A padded back prevents objects inside the bag from poking ribs and shoulders. A loop or handle on top of the bag will save wear on straps. Choose durable, lightweight, water-resistant material, preferably coated rip-resistant nylon, which resists cracking, and won't soak up moisture. Look for sturdy construction, such as heavy-duty zippers and reinforced stitching at stress points (e.g., where straps attach). Multiple compartments keep weight evenly distributed, and things organized. For larger loads, consider compression straps, an internal frame, and wheels. Be sure to place heavy items lower in the bag, closer to the body.

We've explored things to look for when choosing a backpack, and now we'll share some backpack **DON'Ts**:

- **DON'T** overstress one side: use **both** shoulder straps; using one can cause the spine to develop curvatures and muscular imbalance
- **DON'T** carry too much weight: limit load to **<10%** body weight for kids up to grade 8, **<15%** for teens; monitor what's in the bag by helping to sort through contents every evening and removing unnecessary items

- **DON'T** bend at the waist: teach kids the proper technique for lifting heavy loads – keep spine straight, bend at the knees, hold the load close to the body, and lift with the legs
- **DON'T** slouch: even the most expensive backpack is only as good as your **child's posture – a crooked foundation places much more strain on the spine**

A person's posture is a reflection of their spinal architecture and health. Different postural states will have a direct bearing on the function of the spine during movement. On a daily basis, we do many activities and are in many different postures. All the things we do affect our spine. It is of the utmost importance to **maintain your spine** because you only have ONE, and it can't be replaced. One major stress on a child's spine is carrying a backpack. The spine grows and develops at the fastest rate between the ages of birth and 5 years, and again during the adolescent growth spurt (between 10 and 18 years). The spine houses the Central Nervous System, the fuse box to all the functions of the body. Maintaining the spine is **NECESSARY; "as the twig is bent, so grows the tree..."** . **This is where chiropractic shines!** Subluxation occurs commonly when excessive loads are placed on the spinal column. A child's everyday activities or specific types of sports or recreational activities can lead to damage of the spinal joints. Many spinal problems seen in adults begin in childhood; proper spinal hygiene, therefore, is an important key to optimal health. **Regular Chiropractic checkups** can help detect and correct subluxations, and maintain optimum spinal and nervous system function for life.

Chiropractic care, combined with proper diet, exercise, and other aspects of good health and personal hygiene can enhance your well-being and help you enjoy life to the fullest, **NO MATTER WHAT YOUR AGE!** Ask Drs. Jason & Sabrina about arranging a comprehensive initial chiropractic examination for you or someone you care about, and they will design a program customized for age, condition, and lifestyle... **You'll be glad you did.** Without optimal spinal health, true health can not be attained; this is why more and more people and families are seeking **preventative** and **wellness** Chiropractic care.



Baby Fest @ Toys "R" Us Sat & Sun Sept. 13/14th, 2008

Join the **LiveWell Team** for an information session at **Baby's "R" Us** on Merivale. LiveWell will be there to answer any questions from pregnancy to natural methods of raising healthy infants and children.



Supplement of the Month

MyoCalm

Muscle Relaxation Formula



MyoCalm is a time-tested, specialized formula that provides bioavailable forms of magnesium and calcium blended with select herbs that support healthy muscle function. It may help relieve minor muscle pain associated with stress or physical exertion, and may prevent nocturnal leg muscle cramps. It features extracts of passionflower and valerian for added relaxation support.

CONGRATULATIONS TO LiveWell Registered Massage Therapist KIM JOHNSON

on the birth of her beautiful baby girl KEATYN AMADORA D'ANGELO! Keatyn arrived safely and peacefully into the world on Sunday September 7th, 2008, and weighed 7 lbs. 7 oz.! All the best to Kim, Mario & Keatyn!



Support your Immune System with the Change of Season

By Dr. Jesse Pierce, Bsc., ND

What is a healthy immune system and how can it affect my overall health?

The immune system is a wide network of cells and organs that defends your body against foreign invaders (e.g., bacteria, viruses, fungi, parasites) and cancer cells. Every day we are exposed to many foreign organisms, and cancer cells may arise within our bodies. A healthy immune system can identify and remove these foreign agents. When your immune system is not working optimally, foreign invaders and cancer cells have a better chance of surviving in your body.

What can I do to improve the health of my immune system?

- Eat a whole food diet that includes an abundance of fruits and veggies
- Increase your intake of foods that contain nutrients that are used by the immune system, e.g., vitamins A, C, E and B, selenium, zinc and lean protein, essential fatty acids
- Eat with the season: i.e., soups and stews in the winter months
- Avoid foods you are allergic to, e.g., wheat, dairy and corn
- Avoid coffee, refined carbohydrates and sugar
- Drink 2-3 L of fluids daily (includes water, herbal teas)

Time for Lunch!

By Shannon Goodwin Birch, BA, RHN, RNCP

Remember the days of peanut butter and jam? Well, times are changing. In order to protect the growing number of children with severe food allergies, many schools in the last decade have become "nut-free" zones. As a result, Moms everywhere are faced with the daily lunch dilemma. Peanut butter may not be "haute cuisine", but it held the #1 position for easy lunches, being quick, insensitive to temperature, inexpensive, readily available and generally palatable to young children.

So what other options do we have? Well, how about ham and cheese? Bologna? Turkey slices? Lunchmeats are full of nitrates and sulphites and other ingredients to lengthen their lifespan. Nitrates combine with stomach acids to form nitrosamines, a carcinogen, making many of our stand-bys, including pepperoni and hotdogs, high on the list of no-nos. How about Tuna? Great! Kids like tuna. Oh wait, let's not forget the higher levels of mercury found in canned tuna, making it a fine occasional food, but not a suitable day-after-day lunch plan.

Before we throw our arms up in total frustration, here are a few thoughts to keep parents sane this September.

- Nothing is better suited to school lunches than food in little packages, but be careful of added sugar and preservatives that can leave your child excitable and unfocused. When choosing fruit cups, look for those packaged *in their own juices* as opposed to syrups. Browse the shelf for *unsweetened* apple sauce in a variety of pleasant flavours. Find organic *sulphite-free* raisins, dates and cranberries.

Lifestyle Modifications

- Try ginger tea with garlic
- Reduce your stress
- Get regular, good sleep at night
- Participate in moderate exercise
- Get adjusted regularly
- Avoid exposure to heavy metals, pesticides and organic solvents
- Dry skin brushing with a loofah
- Saunas
- Alternating Hot and Cold showers (3 min. hot / 45 sec. cold - Repeat 2-3 times)

- Meditation and deep breathing

How can a Naturopathic Doctor help?

- Individualized prevention plan to decrease your odds of getting the flu
- Dietary analysis and nutritional counseling
- Detoxification / biotherapeutic drainage to rid the body of heavy metals
- Stress reduction
- Additional immune support with the use of:
 - Acupuncture
 - Botanical medicine
 - Homeopathy
 - Counseling

- A re-useable lunch container with separate compartments increases the chances that food gets eaten. When you let the pumpkin seeds spill all over the raw carrots that are making the whole grain crackers soggy, which leave crumbs all over the piece of cheese, a child is just not as happy to eat.
- Presentation is everything! A bruised pear will not get eaten. Be sure to wrap it in a piece of paper towel or secure it so it won't get jostled around. A green drink smoothie is a great addition to a lunch box, but if you send it in a transparent bottle it will quickly become the focus of all the children in the vicinity.
- Think outside the sandwich box. We get so bogged down in the need to round out the meal with two pieces of bread that we overlook options like a hummus and veggie wrap, cream cheese and jam slathered on a rice cake, a thermos of heated vegetable juice or a homemade "lunchable" made up of options like leftover cold cooked chicken, a hard boiled egg, hard white cheese, salad, coleslaw or raw veggies to name but a few.
- No-Nut Honey Bars: Add a cup of honey to a pot over low heat and add a teaspoon of pure vanilla extract. Slowly stir in items that you have on hand: unsalted pumpkin, sesame and sunflower seeds, unsweetened coconut, whole grain cereal (Rice Puffs, Kashi Crunch, and large flake oatmeal), dried fruit, etc. When thick, pour mixture into a cake pan and let firm in fridge. Cut into bars or squares.